

Village Press

The Newsletter for Village Apartments



Celebrating October

Rosh Hashanah

October 03

Columbus Day (U.S.)

October 10

Yom Kippur

October 12

Sukkot

October 17

Shemini Atzeret, Yizkor

October 24

Simchat Torah

October 25

International Skeptics Day

October 13

World Pasta Day

October 25

Halloween

October 31

Rosh Hashanah



Rosh Hashanah occurs on the first and second days of Tishri. In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year." Rosh Hashanah is commonly known as the Jewish New Year. This is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year. More on this concept at Days of Awe.

The name "Rosh Hashanah" is not used in the Bible to discuss this holiday. The Bible refers to the holiday as Yom Ha-Zikaron (the day of remembrance) or Yom Teruah (the day of the sounding of the shofar). The holiday is instituted in Leviticus 23:24-25.

The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue. A total of 100 notes are sounded each day. There are four different types of shofar notes: tekiah, a 3 second sustained note; shevarim, three 1-second notes rising in tone, teruah, a series of short, staccato notes extending over a period of about 3 seconds; and tekiah gedolah. The Bible gives no specific reason for this practice. One that has been suggested is that the shofar's sound is a call to repentance. The shofar is not blown if the holiday falls on Shabbat.

No work is permitted on Rosh Hashanah. Much of the day is spent in synagogue, where the regular daily liturgy is somewhat expanded. In fact, there is a special prayerbook called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

Rosh Hashanah

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A popular observance during this holiday is eating apples dipped in honey, a symbol of our wish for a sweet new year. We also dip bread in honey (instead of the usual practice of sprinkling salt on it) at this time of year for the same reason.

Another popular practice of the holiday is Tashlikh ("casting off"). We walk to flowing water, such as a creek or river, on the afternoon of the first day and empty our pockets into the river, symbolically casting off our sins. Small pieces of bread are commonly put in the pocket to cast off. This practice is not discussed in the Bible, but is a long-standing custom. Tashlikh is normally observed on the afternoon of the first day, before afternoon services. When the first day occurs on Shabbat, many synagogues observe Tashlikh on Sunday afternoon, to avoid carrying (the bread) on Shabbat.

Religious services for the holiday focus on the concept of G-d's sovereignty.

The common greeting at this time is L'shanah tovah ("for a good year"). This is a shortening of "L'shanah tovah tikatev v'taihatem" (or to women, "L'shanah tovah tikatevi v'taihatemi"), which means "May you be inscribed and sealed for a good year."

You may notice that the Bible speaks of Rosh Hashanah as occurring on the first day of the seventh month. The first month of the Jewish calendar is Nissan, occurring in March and April. Why, then, does the Jewish "new year" occur in Tishri, the seventh month?

Judaism has several different "new years," a concept which may seem strange at first, but think of it this way: the American "new year" starts in January, but the new "school year" starts in September, and many businesses have "fiscal years" that start at various times of the year. In Judaism, Nissan 1 is the new year for the purpose of counting the reign of kings and months on the calendar, Elul 1 (in August) is the new year for the tithing of animals, Shevat 15 (in February) is the new year for trees (determining when first fruits can be eaten, etc.), and Tishri 1 (Rosh Hashanah) is the new year for years (when we increase the year number. Sabbatical and Jubilee years begin at this time).



**Wishing all Residents
A Happy, Healthy and Sweet New Year**

Yom Kippur



Yom Kippur is probably the most important holiday of the Jewish year. Many who do not observe any other Jewish custom will refrain from work, fast and/or attend synagogue services on this day. Yom Kippur occurs on the 10th day of Tishri.

The name "Yom Kippur" means "Day of Atonement." It is a day set aside to atone for the sins of the past year. This day is, essentially, a last chance to demonstrate your repentance and make amends.

Yom Kippur atones only for sins between man and G-d, not for sins against another person. To atone for sins against another person, you must first seek reconciliation with that person, righting the wrongs you committed against them if possible. That must all be done before Yom Kippur.

Yom Kippur is a complete Sabbath; no work can be performed on that day. Participants are supposed to refrain from eating and drinking (even water) on Yom Kippur. It is a complete, 25-hour fast beginning before sunset on the evening before Yom Kippur and ending after nightfall on the day of Yom Kippur. These restrictions can be lifted where a threat to life or health is involved. Children under the age of nine and women in childbirth (from the time labor begins until three days after birth) are not permitted to fast. Older children and women from the third to the seventh day after childbirth are permitted to fast, but are permitted to break the fast if they feel the need to do so. People with other illnesses should consult a physician and a rabbi for advice.

Most of the holiday is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning and continue until about 3 PM. People then usually go home for an afternoon nap and return around 5 or 6 PM for the afternoon and evening services, which continue until nightfall. The services end at nightfall, with the blowing of the tekiah gedolah, a long blast on the shofar.

It is customary to wear white on the holiday, which symbolizes purity and calls to mind the promise that our sins shall be made as white as snow. Some people wear a kittel, the white robe.

SUKKOT



Sukkot, a Hebrew word meaning "booths" or "huts", refers to the Jewish festival of giving thanks for the fall harvest, as well as the commemoration of the forty years of Jewish wandering in the desert after Sinai. Sukkot is celebrated five days after Yom Kippur on the 15th of Tishrei, and is marked by several distinct traditions. One tradition, which takes the commandment to "dwell in booths" literally, is to build a sukkah which means "covering" or "shelter." These huts are constructed as temporary shelters. The roof is covered with foliage, which is spaced to let in the light. Fruits and vegetables, including apples, grapes, corn, and pomegranates, are hung inside the hut. The families eat their meals in the huts under the evening sky. In Israel, where it does not usually rain during this season, families observe Sukkot by eating and sleeping in the sukkah for seven days.

SHEMINI ATZERET & SIMCHAT TORAH



Shemini Atzeret is the final day of festivities at the end of Sukkot. It is followed by Simchat Torah, the holiday that marks the conclusion of the annual reading of the Torah and its beginning again--amid dancing, song, and celebration.

October is National Breast Cancer Awareness Month



This October, JCHC is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women.

About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

How can National Breast Cancer Awareness Month make a difference? We can all use this opportunity to spread the word about steps women can take to detect breast cancer early.



Manager's Corner



The Village Apartment's New Kosher Lunch Program - 12:00 pm

Join our new Lunch Program and enjoy three delicious and nutritious Kosher meals per week. Every Monday, Wednesday and Friday for a low cost of only \$95.00 per month.



Sign up. Eat. Enjoy!



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Upcoming Events



- Holiday Services
- Holiday Meals (Lunch Program)
- Lunch Club
- Promote the Vote
- Otter the Seeing Eye Puppy Visit
- Blood Pressure Check
- Congregate Lunch Program
- Flu Shots
- JCHC University: “You Know More Yiddish than You Think” @ Lester
- Exercise with Tami
- Yom Kippur Service
- Fire & Evacuation Procedures/Work Order
- Current Events
- Knitting Club
- BINGO
- Sukkot Services and Kiddush in Sukkah
- Tenant Meeting
- Floral Design Workshop
- Medicare Fraud
- JCHC University “Maine the Lighthouse State” @ B’nai B’rith

HAPPY OCTOBER BIRTHDAY



Oct. 1 Lore Trytell
Oct. 6 Pearl Morgan
Oct. 6 Rose Wierzbicki



Melanie Hazim of the NJ Department of Consumer Affairs presented a fraud prevention program.



OCTOBER 2016 VILLAGE Calendar Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 1:30 MOVIE 7:00 MOVIE	3 Rosh Hashanah Office Closed 4:00 Holiday Services 5:30 Holiday Meal (Lunch Program Members and paid residents)	4 Rosh Hashanah Office Closed Essex County Lunch Program Canceled All programs cancelled	5 10:00 Stop & Shop 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 3:00 Promote the Vote 4:00 KNITTING CLUB 5:30 Otter The Seeing Eye Puppy Visit	6 9:45 EXERCISE with Tami 10:30 Walmart & Rt 22 Shopping 3:30 Blood Pressure Check by SO Health Dept 12:00 Congregate Lunch 7:00 BINGO	7 10:30 Flu Shots (Lounge) 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	8
9 1:30 MOVIE 7:00 MOVIE	10 Columbus Day 12:00 LUNCH CLUB 12:45 JCHC University @ Lester "You know more Yiddish than you think" 2:00 Exercise with Tami	11 Yom Kippur Office Closed 1:00 pm 12:00 Essex County Lunch Program 3:00 Kol Nidre Service No Movie tonight	12 Yom Kippur Office Closed 12:00 Lunch Club Canceled 4:00 Yom Kippur Service All programs cancelled	13 9:15 EXERCISE 10:30 Shoprite & Essex Green 12:00 Congregate Lunch 7:00 BINGO	14 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE 2:30 Fire & Evacuation Procedures/Work order	15 8:00 Senior TV Movie
16 1:30 MOVIE 7:00 MOVIE	17 Sukkot Office Closed Dining Room Open 12:00 LUNCH CLUB	18 Sukkot Office Closed Essex County Lunch Program Canceled All programs cancelled	19 Sukkot 10:00 Stop & Shop 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	20 Sukkot 9:45 EXERCISE with Tami 10:30 Chester, NJ 12:00 Congregate Lunch 7:00 BINGO	21 Sukkot 1:30 RELIGIOUS SERVICE 12:00 LUNCH CLUB 1:30 Sukkot Services and Kiddush in the Sukkah	22 Sukkot
23 Sukkot 1:30 MOVIE 7:00 MOVIE	24 Shemini Atzeret, Yizkor Office Closed 12:00 LUNCH CLUB All programs cancelled	25 Simchat Torah Office Closed Essex County Lunch Program Canceled 3:30 Holiday Services All programs cancelled	26 10:00 Shoprite 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	27 10:30 Trader Joe's Florham Park 12:00 Congregate Lunch 2:00 EXERCISE with Tami 5:30 TENANT MEETING	28 10:00 Medicare Fraud 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE 2:30 Floral Design Workshop	29
30	31 1:30 JCHC University @ B'nai: Maine- "The Lighthouse State" 2:00 Exercise with Tami					Please note: Due to all the October holidays – Exercise with Tami has been changed to different days and times - depending on week